

Full Report (All Nutrients) 11992, Mushrooms, white, microwaved

Report Date:January 19, 2016 10:22 EST

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products**Carbohydrate Factor: 3.48 Fat Factor: 8.37 Protein Factor:2.62 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water ¹	g	88.52	4	1.200
Energy	kcal	35	--	--
Energy	kJ	147	--	--
Protein ¹	g	3.91	4	0.289
Total lipid (fat) ¹	g	0.46	4	0.138
Ash ¹	g	1.08	4	0.105
Carbohydrate, by difference	g	6.04	--	--
Fiber, total dietary ¹	g	2.5	2	--
Sugars, total ¹	g	0.00	1	--
Sucrose ¹	g	0.00	1	--
Glucose (dextrose) ¹	g	0.00	1	--
Fructose ¹	g	0.00	1	--
Lactose ¹	g	0.00	1	--
Maltose ¹	g	0.00	1	--
Galactose ¹	g	0.00	1	--
Starch ¹	g	0.00	1	--
Minerals				
Calcium, Ca ¹	mg	6	3	2.877
Iron, Fe ¹	mg	0.33	3	0.011
Magnesium, Mg ¹	mg	14	3	1.667
Phosphorus, P ¹	mg	127	3	12.019
Potassium, K ¹	mg	488	3	55.810

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Sodium, Na ¹	mg	17	3	6.800
Zinc, Zn ¹	mg	0.73	3	0.062
Copper, Cu ¹	mg	0.370	3	0.031
Manganese, Mn ¹	mg	0.064	3	0.006
Selenium, Se ¹	µg	18.0	2	--
Vitamins				
Vitamin C, total ascorbic acid ¹	mg	0.0	2	--
Thiamin ¹	mg	0.060	4	0.007
Riboflavin ¹	mg	0.431	4	0.105
Niacin ¹	mg	5.350	4	0.420
Pantothenic acid ¹	mg	1.960	1	--
Vitamin B-6 ¹	mg	0.049	3	0.010
Folate, total ¹	µg	16	2	--
Folic acid	µg	0	--	--
Folate, food	µg	16	2	--
Folate, DFE	µg	16	--	--
Choline, total ¹	mg	30.3	--	--
Betaine ¹	mg	10.1	1	--
Vitamin B-12	µg	0.00	--	--
Vitamin A, RAE	µg	0	--	--
Retinol	µg	0	--	--
Carotene, beta	µg	0	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	0	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	0	--	--
Vitamin E (alpha-tocopherol) ¹	mg	0.00	1	--
Tocopherol, beta ¹	mg	0.00	1	--
Tocopherol, gamma ¹	mg	0.00	1	--
Tocopherol, delta ¹	mg	0.00	1	--
Vitamin D (D2 + D3)	µg	0.3	--	--
Vitamin D2 (ergocalciferol)	µg	0.3	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Vitamin D3 (cholecalciferol)	µg	0.0	--	--
Vitamin D	IU	11	--	--
Vitamin K (phylloquinone) ¹	µg	0.0	2	--
Lipids				
Fatty acids, total saturated	g	0.060	--	--
4:0	g	0.000	--	--
6:0	g	0.000	--	--
8:0 ¹	g	0.000	1	--
10:0 ¹	g	0.000	1	--
12:0 ¹	g	0.000	1	--
14:0 ¹	g	0.000	1	--
15:0 ¹	g	0.000	1	--
16:0 ¹	g	0.050	1	--
17:0 ¹	g	0.000	1	--
18:0 ¹	g	0.010	1	--
20:0 ¹	g	0.000	1	--
22:0 ¹	g	0.000	1	--
24:0 ¹	g	0.000	1	--
Fatty acids, total monounsaturated	g	0.020	--	--
14:1 ¹	g	0.000	1	--
15:1 ¹	g	0.000	1	--
16:1 undifferentiated ¹	g	0.010	1	--
17:1 ¹	g	0.000	1	--
18:1 undifferentiated ¹	g	0.010	1	--
20:1 ¹	g	0.000	1	--
22:1 undifferentiated ¹	g	0.000	1	--
24:1 c ¹	g	0.000	1	--
Fatty acids, total polyunsaturated	g	0.280	--	--
18:2 undifferentiated ¹	g	0.280	1	--
18:3 undifferentiated ¹	g	0.000	1	--
18:4 ¹	g	0.000	1	--
20:2 n-6 c,c ¹	g	0.000	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
20:3 undifferentiated ¹	g	0.000	1	--
20:4 undifferentiated ¹	g	0.000	1	--
20:5 n-3 (EPA) ¹	g	0.000	1	--
21:5 ¹	g	0.000	1	--
22:4 ¹	g	0.000	1	--
22:5 n-3 (DPA) ¹	g	0.000	1	--
22:6 n-3 (DHA) ¹	g	0.000	1	--
Fatty acids, total trans	g	0.000	--	--
Cholesterol	mg	0	--	--
Amino Acids				
Tryptophan ¹	g	0.039	--	--
Threonine ¹	g	0.122	--	--
Isoleucine ¹	g	0.086	--	--
Leucine ¹	g	0.137	--	--
Lysine ¹	g	0.123	--	--
Methionine ¹	g	0.036	--	--
Cystine ¹	g	0.014	--	--
Phenylalanine ¹	g	0.097	--	--
Tyrosine ¹	g	0.050	--	--
Valine ¹	g	0.265	--	--
Arginine ¹	g	0.089	--	--
Histidine ¹	g	0.065	--	--
Alanine ¹	g	0.227	--	--
Aspartic acid ¹	g	0.222	--	--
Glutamic acid ¹	g	0.391	--	--
Glycine ¹	g	0.104	--	--
Proline ¹	g	0.087	--	--
Serine ¹	g	0.108	--	--
Other				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	0	--	--
Sources of Data				

¹Mushroom Council National Food and Nutrient Analysis Program Wave 9b, 2004 Dublin CA